LOS ANGELES TIMES
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Cigarettes Get Clean Bill on Lung Cancer

Health Councillor Knocks Down Other Commonly Accepted Ideas on Keeping Well

Cigarette smoking does not cause lung cancer, in the opinion of Dr. Justus J. Schifferes, of New York, director of the Health Education Council.

He labeled the premise, "Cigarettes cause lung cancer," as "seduction by statistics."

"Cigarette smoking may be a factor (of cancer), but not the cause," said Dr. Schifferes here last week.

"In 1615 King James I of England said 'smoking is a filthy habit, dangerous to the lungs.' The American Cancer Society doesn't have any more reliable information than King James did."

Derides Statements

Dr. Schifferes also derided other "accepted" health statements as follows:

Do not read in bed.

"It doesn't make any difference where you read," he said. "It's only important that a book be 14 inches from your face, the light directed over your left shoulder."

A clean tooth never decays.

"There is no such thing as a clean tooth—a clean tooth is as rare as a hen's tooth." said Dr. Schifferes smiling.

Overweight causes heart disease.

'A Moot Point'

"Categorically, incorrect," he declared. This is a moot point; the same as saying cigarettes are the cause of lung cancer."

HITS BELIEFS—Dr. Justus J. Schifferes derides common health notions.
Times photo

Do not drink water with your meals.

"Drink as much water as you like," invited Dr. Schifferes. "Do you realize there's water in all your food? Why, beefsteak is 50% water."

Dr. Schifferes was invited here by the Los Angeles City Board of Education to appear before school staff members and teacher groups. He is the author of the best-selling "Essentials of Healthier Living."

MEDICAL WORLD NEWS
November 5, 1960

CIGARETTE SMOKING NOT A MAJOR CAUSE OF LUNG CANCER

Cigarette smoking is only one of the factors, and not the main one, responsible for the rising rate of lung cancer, a South African physician told the 6th International Congress on Diseases of the Chest, in Vienna. Dr. Geoffrey Dean said that as an emigrant to South Africa he had been surprised to find that though white South African men are far heavier smokers than men in Britain, the incidence of lung cancer in South Africa is only half the British rate. A ten-year survey of deaths convinced him that the difference simply depends on the air people breathe.

The survey included these details:

1) British immigrants in South Africa have a 44 per cent higher lung cancer rate than either those born in South Africa or immigrants from other countries. Moreover, a much higher rate occurs in British immigrants who have settled in the larger cities.

2) The highest rate of lung cancer, for the country as well as for British immigrants, occurs in Durban, "which has the most serious air-pollution problem in all of South Africa. Air pollution in Durban now compares with Kensington and St. Pancras in London." By 1956, lung cancer accounted for one-sixth of all deaths of British immigrants aged 45 to 64 years in Durban.

3) Even the age at time of death incriminated British air. Thus, British immigrants who died of lung cancer at an early age, between 45 and 54, had emigrated to South Africa at an average age of 30. Those who migrated at an average age of 24 lived longer, to between 55 and 64 years.

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